

Glastonbury Senior Services Spring 2016 Class Schedule

Registration for all classes must take place prior to participation in the first class. You can register at the Riverfront Community Center any day, Monday thru Saturday *beginning on Tuesday, March 1, 2016*. Please note that the Deadline for Registration for the spring schedule is *March 31, 2016*. All classes will be located at the Riverfront Community Center and are subject to cancellation if not enough students are not pre-enrolled at the time of the first class. For more info call: (860) 652-7638.

CLASS	DESCRIPTION	MEETS	DATES	# OF CLASSES	FEE	
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ACRYLIC & MIXED MEDIA	Combining fun techniques in acrylic Painting with the collaging of items found in everyday life.	Wednesday 10:00–12:30 pm	4/13 - 6/1	8	\$75	\$82
ITALIAN	Learn this beloved language and share the joy	Thursdays Level 1 9:00 am Level 2 10:00 am	4/14 - 6/16	10	\$5.00 per series	
LINE DANCING	Explore the many facets and experience the impact of this form of dance.	Thursday 10:30 am - Noon	3/31-6/2	10	\$50	\$55
MAHJONGG LESSONS	Learn this fun & addictive game using tiles with Bams, winds, Craks & Dots.	Wednesdays 1:00 pm - 3:00 pm	4/6 - 5/11	6	\$5.00	
MOVING TO THE MUSIC	Dance to Broadway tunes while increasing your strength, coordination, balance & flexibility.	Wednesday 1:00 - 1:45 pm	3/30 - 5/18	8	\$35	\$38
POWERFUL AGING & FITNESS	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wed. & Friday 11:00 am – Noon	4/6 - 6/17	22	\$85	\$93
STRETCHERCIZE EXERCISE	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tue. & Thursday 1:30-2:30 pm	Ongoing	15	\$35	\$38
TAI CHI	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health	Thursday 6 – 7 pm	4/7 - 6/16	11	\$55	\$60
TAI CHI INTRO	Learn the basics of this life altering discipline.	Monday 1:30 - 2:15 pm	4/11-6/20	10	\$25	\$27
TAP DANCE	Learn a dance form that marks out precise rhythmic patterns on the floor. Footwear must be smooth, soled and secure.	Wednesday 2:00-2:45 pm	3/30-5/18	8	\$35	\$38
WATERCOLOR	Drawing is not a prerequisite. Using watercolors, students will explore different techniques.	Saturday 9:30-11:30 am	4/2 & 4/16 5/7 & 5/21 6/4 & 6/18	2 per Month	\$10/ea + supply fee	\$15/ea + supply fee
YOGA - HATHA	Yoga can enhance your lifestyle no matter what age; develops self-discipline; can enhance physical and mental health.	Monday & Friday 10:00 – 11:00 am	4/8-6/17	20	\$100	\$110
(New) ART WITH KaReN	Come honor Glastonbury's past with guided help as you paint scenes of famous landmarks.	Saturday 9:30-11:30 am	4/23, 4/30	2	\$20 + supply fee	\$25 + supply fee

Take
Control



"It's Your Life...Live it Well"

DIABETES WORKSHOP

Feel
Better

FREE AND NEW: DIABETES SELF-MANAGEMENT WORKSHOP

Learn about diabetes including:

- Foot care
- Meal planning
- Low and High blood sugar
- Sick day guidelines
- Tips for dealing with stress.
- How to set small and achievable goals.



These are just some of the topics covered!

Join us for a **FREE 6-week DIABETES SELF-MANAGEMENT WORKSHOP**

Information Session: April 6, 9:30 to 10:30

Wednesdays: April 13 – May 18, 2016

From 9:30 to 12:00 noon

Glastonbury Senior Center at the
Riverfront Community Center

300 Welles Street, CT 06033

To Register, please call: 860-652-7638

Energize

Live

Enjoy



Sponsored by the
CT State Department on Aging & CT. Dept. of Public Health.